

ACBC Exam Study Guide
Counseling Exam 7

Q: List several reasons for concluding a counseling case. For each, describe how you would go about ending the counseling.

1. Concluding a case for spiritual _____

A. Spiritual growth demonstrated

- (1) Significant change in _____ (Eph. 4:22-24)
- (2) Ability to teach you the _____ points in counseling (Col. 3:16)
- (3) Ability to identify sinful _____ (Ps. 139:23-24; Romans 12:2)
- (4) Willingness to repent and ask/grant _____ (Ps. 51; Lk. 17:3-4)
- (5) _____ is seen as sufficient and the source of ultimate satisfaction (2 Cor. 5:14-15) “Does the counselee understand progressive sanctification and superior worship?”¹
- (6) Demonstration of applying the counseling principles to issues that you have not yet _____. (2 Pt. 1:3-8)

“The counselee has integrated biblical truth leading to ruling desire and behavior change -- Put off, be renewed, put on. This implies that the presenting issues have been sufficiently addressed.”²

“...the counselee has learned to generalize what he has learned in the solution of the specific problems dealt with in counseling to other situations on his own...when he has learned what to do to avoid failure... when prominent debilitating problems (or those that turn out to be so during counseling) have been solved biblically.”³ Jay Adams

- (7) Established accountability to edifying relationships within the _____. (Heb. 10:25)

“Is the person incorporated into the life of the local church and starting to serve instead of just receiving from the body?”⁴

¹ Ernie Baker, ACBC Annual Conference Breakout Session, 2018 & <https://biblicalcounselingcoalition.org/2014/04/23/dealing-with-stubborn-desires-through-worship/>

² Ernie Baker, ACBC Annual Conference Breakout Session, 2018.

³ Adams, Jay. “A Theology of Christian Counseling.” (Zondervan, Grand Rapids: 1979), p. 123.

⁴ Ernie Baker, ACBC Annual Conference Breakout Session, 2018.

B. _____ to end a counseling case for spiritual growth

- (1) When the 7 points above are _____ (Col. 1:28)
- (2) With much _____ and thanksgiving (Phil. 2:12-13)
- (3) With _____ (Mt. 6:9-13; Eph. 6:10-20)
- (4) With the request for _____ follow-up (Heb. 3:13)

2. Concluding a case for spiritual _____

A. Spiritual growth _____

- (1) Counselee does not return (1 John 2:19; 1 Tim. 5:12)
- (2) Counselee repeatedly fails to do homework⁵
 - (a) Learn reasons for failure
 - (b) Make sure the reason for and importance of the homework is explained
 - (c) Remind the counsel of the main benefit of counseling is making application of the homework to daily life
 - (d) Assign homework needed for instruction and that another counseling session will not be scheduled until that homework is completed
- (3) When the counselee insists on a _____ counselor⁶
- (4) _____ attendance
- (5) No _____ after multiple meetings (2 Cor. 7:10, Mt. 18)
- (6) _____ to God's Word and the Gospel (Mt. 7:6)

B. How to end a counseling case for spiritual hardening

- (1) Confront them with the _____ of Scripture (Pr. 28:13, Mt. 7:21-23)
- (2) If appropriate, pursue _____ discipline (Mt. 18:15-17)
- (3) Offer future help should they become willing to _____ (2 Cor. 7:10)

⁵ Homework outline adapted from Faith Biblical Counseling, Track 5, 2015.

⁶ <https://graceky.org/wp-content/uploads/2014/08/50-Failure-Factors.pdf>

Key Resources:

Jay Adams, *A Theology of Christian Counseling*, p. 123.

Jay Adams, *Critical Stages of Biblical Counseling: Finishing Well*. pp. 165-228.

Jay Adams, *Ready to Restore* (P&R, 1981), 31.

Howard Eyrich & William Hines, *Curing the Heart* (Christian Focus, 2007), 161-162.

https://www.9marks.org/article/when-do-you-stop-counseling/?utm_source=email-article&utm_medium=email-article&utm_campaign=email-article

Key Texts:

Galatians 5:22-23

Romans 12:2

Matthew 18:15-17

Matthew 22:37-40

ACBC Exam Study Guide
Counseling Exam 8

Q: Describe in biblical categories the operations of the devil. Is there a difference between Believers and unbelievers regarding the activity of the devil? What is a biblical methodology for responding to the demonic in the context of counseling?

1. The operations of the devil seek to oppose God and the work of Jesus Christ.⁷

- A. Accuser (Rev. 12:10)
- B. Tempter (Mt. 4:3)
- C. Enemy (Mt. 13:39)
- D. Evil One (1 John 2:13, 3:12, 5:18)
- E. Adversary (1 Pt. 5:8)
- F. Deceiver (Rev. 12:9; Eph. 6:11)
- G. Father of Lies (John 8:44)
- H. Murderer (John 8:44)
- I. Sinner (1 John 3:8)

2. Issues concerning the activity of the devil toward _____

- A. Desires to thwart _____ (Mt. 13:39)
- B. Demon Possession

“There are two equal and opposite errors into which our race can fall about the devils. One is to disbelieve in their existence. The other is to believe, and to feel an excessive and unhealthy interest in them. They themselves are equally pleased by both errors”

C.S. Lewis (*The Screwtape Letters*)

1) Misinformed understanding of demons

2) Assumption that demons can possess anybody anywhere today

⁷ Basic outline adapted from Faith Biblical Counseling, Track 5, 2015

“If, for example, one’s problems are the result of his own sinful behavior, and they are instead charged to possession by an evil spirit, those problems may be complicated rather than solved by efforts to cast out demons. Not only will such efforts fail, leading often to hopelessness and despair, but they will shift the focus from the counselee’s own responsibility. He will be viewed as a helpless victim rather than a guilty sinner.”⁸

Jay Adams

3. Issues concerning the activity of the devil toward _____

A. Demon possession is _____ possible for believers (1 Cor. 6:15, 19-20; Mk. 3:20-30; Rom. 6; Colossians 1:13; 1 John 5:18-19).

B. The devil uses things of the world to Deceive, Destroy, and Divide (Gen. 3; James 3:13-4:10; 1 Thes. 5:21-22; Rom. 12:2)

“The Bible itself never warns us about demon possession, but cautions us against seductive doctrines of demons.”⁹

(1) _____ descriptions of Satan’s methods (Eph. 6:11)

Deceit, schemes, false teaching, trickery, craftiness

(2) _____ descriptions of Satan’s methods

Lies, murder, physical violence, persecution, brutality, deceit, tempts us to be conceited, compromise, rely upon ourselves, appeals to our desire for respect, comfort, control, approval, popularity, tempts us to become proud, anxious, dissatisfied, appeals to our desire for worldly success and sinful pleasure, seeks to lead us astray by promoting ungodly, unbiblical, self-focused thinking, promoting the adoption of worldly standards; uses false unbiblical teachers and teachings about Christ, the Gospel, about Satan, about life in general; uses flattery and manipulation; distortions of Scripture; tempts to please people rather than God, to turn from Christ...etc.¹⁰

4. Responding to the demonic in the context of counseling

A. Stand firm through in the faith through prayerful application of God’s _____ (Jude 1:9, Eph. 6:10-20; Js. 4:7-8)

⁸ Adams, Jay. “The Christian Counselor’s Manual.” (Zondervan, Grand Rapids: 1973), p. 129.

⁹ “A Reformed View of Demons,” <http://www.kurthutchison.com/demons.html>

¹⁰ Rom. 1:25, Jn. 8:44b, Gen. 3:1-7, 12:11-19; Ex. 32:32-34; Nm. 13:28; Job 2:9, 11, 4:1-5, 27, 8:1-22, 11:1-20; Ps. 106:35-37; Pr. 8:13, 16:5; Is. 14:12-15, Ez. 28:11-17; Mt. 4:1-11, 10:21-22, 13:22, 16:21-23; Lk. 10:41, 21:34; Jn. 7:1-6; Acts. 4:1-3, 16-21, 5:33-40, 7:54-60, 8:1, 12:1-2, 13:49-50, 14:19, 22-24, 28:29-31; 1 Cor. 1:10, 10:13; 2 Cor. 1:9-11, 2:6-11, 10:3-5, 11:3-15, 12:5,9,10; Gal. 2:11-14; 1 Tim. 3:6, 6:20-21; 4:1, 6:3-5; 1 Pt. 5:6-8; 2 Pt. 2:1-4, Jude 6, Rom. 12:3, Js. 4:6

B. Keep the heart with all vigilance (Pr. 4:23; James 1:14-15; 1 Pt. 5:8; Eph. 4:26-27)

Helpful Tool: Y-Diagram from Faith Biblical Counseling (Mark Dutton DVD)

C. Set your mind on Christ and His promises (Col. 3:1-4; Romans 8:37; Phil. 4:8)

Key Texts:

James 4:7-8

1 Corinthians 16:13

Jude 1:9

Romans 8:38-39

2 Corinthians 11:14

1 Peter 5:8-9

James 2:19

Ephesians 6:10-20

Romans 8:9-16

2 Corinthians 10:5

2 Timothy 2:26

1 John 5:19

Key Resources:

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986), 126-130.

Louis Berkhof, *Systematic Theology*, p. 149

Bob Bevington, *Good News About Satan: A Gospel Look at Spiritual Warfare*. (Cruciform Press, 2015), 93.

Paul Enns, *Moody Handbook of Theology*, 2nd rev. ed. (Moody, 2008), 306-310.

John MacArthur, *Charismatic Chaos*

Thomas Brooks, *Precious Remedies Against Satan's Devices*

Wayne Mack, *Christian Life Issues*

John Owen, *Sin and Temptation, Mortification of Sin*

David Powlison, *Power Encounters: Reclaiming Spiritual Warfare* (Baker, 1994).

David Powlison, "Power Encounters" Audio series (Institute for Biblical Counseling & Discipleship, 1999), available at: <http://www.ibcd.org/resources/messages/category/demons/>

Merrill Unger, *Biblical Demonology*

A. W. Pink, *The Sovereignty of God*

"The Devil in the Details, R.C. Sproul, Jr, <http://www.ligonier.org/learn/articles/devil-details/>

"A Reformed View of Demons," <http://www.kurthutchison.com/demons.html>